

OPIOID OVERDOSE RESPONSE STEPS



STEP 1: CHECK

- **CHECK** for a suspected overdose: the person will not wake up or is very sleepy or not breathing well
- Yell “Wake Up!”
- Shake the person gently
- If the person is not awake, go to step 2



STEP 2: GIVE NALOXONE

- **GIVE** 1st dose in the nose
- **HOLD** the nasal spray device with your thumb on the bottom of the plunger
- **INSERT** the nozzle into either NOSTRIL
- **PRESS** the plunger firmly to give the 1st dose
- 1 nasal spray device contains 1 dose



STEP 3: CALL 911

- **CALL 911** immediately after giving the 1st dose



STEP 4: WATCH & GIVE

- **WAIT** 2-3 minutes after the 1st dose to give the medicine time to work
- If the person wakes up: Go to step 5
- If the person does not wake up:
 - **CONTINUE TO GIVE** doses every 2-3 minutes until the person wakes up
 - it is safe to keep giving doses



STEP 5: STAY

- **STAY** until ambulance arrives: even if the person wakes up
- **GIVE** another dose if the person becomes very sleepy again
- You may need to give all the doses in the pack

What is Naloxone (Narcan)

Naloxone is an over the counter medicine that safely and effectively reverses an opioid overdose. Doctors and paramedics have used it for decades. Naloxone is sprayed up the nose.

Signs of Opioid Overdose

- ✓ Loud snoring
- ✓ A very limp body
- ✓ Lips/fingernails turning blue
- ✓ Shallow, slow, or stopped breathing
- ✓ Pale/greyish skin
- ✓ Slow or stopped heartbeat
- ✓ Pupils constricted

Know Your Rights, Hawai'i

Hawaii's Good Samaritan Law protects people assisting in emergency overdose situations from arrest, and prosecution, for certain crimes.

Free Naloxone (Narcan) on Hawai'i Island

The Hawai'i Island Fentanyl Task Force operates 3 Naloxone vending machines in Hilo and is partnered with distribution hubs island wide. Scan the QR code for locations and information on free Narcan.

